

The background of the slide features a large, faint seal of the State of Texas on the left side. The seal is circular with a five-pointed star in the center, surrounded by a wreath. The words "STATE OF TEXAS" are inscribed around the perimeter of the seal.

# **HHSC Intellectual and Developmental Disability - Behavioral Health Services Overview**

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**Deputy Executive Commissioner  
Sonja Gaines, MBA**

**March 11, 2021**



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# Intellectual Developmental Disability and Behavioral Health Services Department

November 2020



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Total FTEs 406.3

**Deputy Associate Commissioner**

System Integration Team

**Business Operations**

**Office Decision Support Services**

**HHSC Executive Commissioner**

**Chief Program and Services Office**

**IDD-Behavioral Health Services  
Deputy Executive Commissioner**

**Staff Services Officer**

**Cross Division Coordination-  
Administrative Operations**

**Communications/Legislative**

**Special Projects**

**Innovation and Engagement**

**Innovation and Strategy**

**Grants Coordination Unit**

94

**Mental Health Coordination**

31

Operations and System  
Management

Policy, Systems Coordination and  
Programming

Veterans Mental Health and  
Programs

State Opioid Coordinator

Forensic Director

**IDD Services**

49

PASSR

Local Procedure Development

LIDDA Training

IDD Operations

IDD Program Improvement

IDD Program Services

**Behavioral Health Services**

120.3

SUD Medical Director

Peer Services

Texas Targeted Opioid  
Response

BHS Medical Director

Mental Health Programs,  
Planning, Policy

Substance Use Disorder  
Programs, Planning, Policy

Disaster Services

BHS Operations

**IDD/BHS Contract Operations**

112

Contract Operations

Substance Use Contracts

IDD Performance Contracts

Mental Health Contracts

Quality Management



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### **MH Coordination**

BH and IDD Strategic Plans  
BH Coordinating Council  
BH Advisory Committee  
Mental Health First Aid  
Texas System of Care  
Suicide Initiatives  
CRCG

### **Mental Health**

Outpatient Meds and Counseling  
Coordinated Specialty Care  
Disaster Behavioral Health  
MH Rehabilitation  
YES Waiver  
MH Grants  
HCBS

**HHSC  
Behavioral  
Health Services**

### **Substance Use**

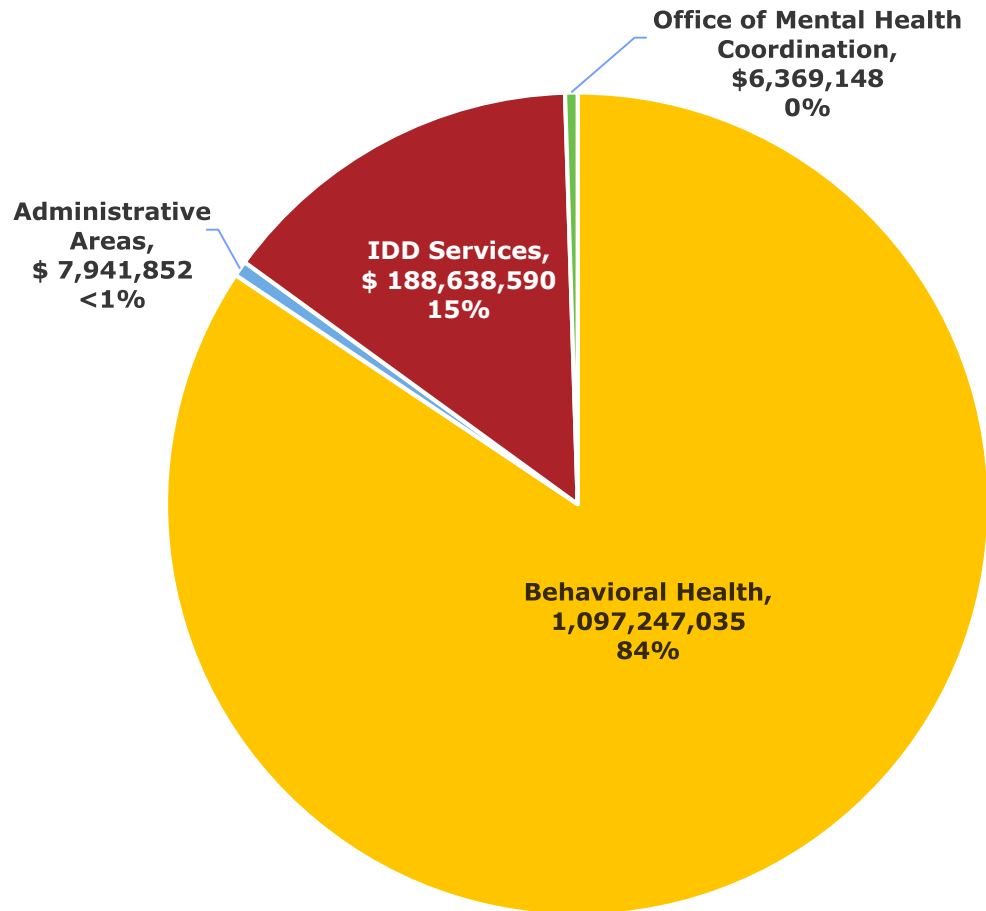
Texas Targeted Opioid Response  
Prevention  
Treatment  
Recovery

### **Criminal Justice**

Joint Comm. on Access & Forensic Svcs  
Judicial Commission on Mental Health  
Competency Restoration  
MH Diversion Programs  
Forensic Services  
SB 292 (85R)

# IDD-BHS Fiscal Year 2021 Budget

## \$1,300,196,625



### Method of Finance

Method of Finance	Dollar Amount	Percent of Budget
General Revenue	\$916,615,584	70%
Federal Funds	\$373,108,421	29.4%
Other Funds	\$10,472,619	<1%



# IDD-BHS Clients Served in FY 2020

Program Area	Number Served
Behavioral Health Services	3,322,584
Office of Mental Health Coordination	167,424
IDD Services	72,455
<b>TOTAL</b>	<b>3,562,463</b>



# Statewide Behavioral Health Strategic Plan



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# Progress Overview



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## Behavioral Health Coordinating Council Progress Overview

2016

### Coordination

- Behavioral health strategic plan
- Coordination with Veterans Affairs

### Prevention

- MHW-IDD training

### Service Delivery

- Texas Veterans + Family Alliance grant program – SB55

2017

### Coordination

- Harvey response – 200,000 served

### Financial Alignment

- Coordinate expenditures
- Coordinate exceptional items

### Service Delivery

- Community Mental Health Grants – HB 13
- Justice-involved grants – SB 292
- Funders summits

2018

### Coordination

- Veterans Summit
- Children's Summit
- IDD Strategic Plan Foundation
- Revise BH Strategic Plan
- Judicial Bench Book
- Grant reviews and distribution of \$86M

### Service Delivery

- Medicaid peer benefit
- MH waitlist down 80%
- \$75M opioid program funds

### Prevention

- Governor's School Safety Action Plan
- Mental Health First Aid up 88%
- Parent and teacher resource guide

### Data

- Behavioral health data coordination

2019

### Coordination

- Interagency work groups
- Residential Treatment Center Relinquishment Avoidance Project
- Coordinated response to shootings
- Governor's School Safety Action Plan continuation
- Interagency response to opioid epidemic

### Service Delivery

- Recovery-focused clubhouses
- Military health promotion workshops
- Vocational rehabilitation services
- Mental health training program
- Workforce development
- MH waitlist almost eliminated
- Expanded inpatient beds
- Certified Community Behavioral Health Clinic expansion

### Prevention

- Texas Alliance for Innovation on Maternal Health
- Substance use and misuse prevention
- Mental Health First Aid coordinator at every local mental health authority (LMHA) and local behavioral health authority (LBHA)

### Financial Alignment

- Home and Community-Based Services – Adult Mental Health (HCBS-AMH) Program
- Special Needs Diversionary Program

### Data

- Transformational Collaborative Outcomes Management
- Expand DPS and HHSC continuity of care data exchange to include people with IDD
- Enhancements to the Texas Uniform Health Status Update form

2020

### Coordination

- Texas Judicial Commission on Mental Health Collaborative Council
- HB 3980 work group
- IDD services rules work group of the Texas Commission on Jail Standards
- Behavioral Health Advisory Committee – Housing Subcommittee
- Housing Choice Plan work group
- Unified Services for All Children
- HCBS-AMH Furlough Pilot
- Continuum of Care work group

- Continuity of care worker at every LMHA and LBHA
- Texas Child Mental Health Care Consortium

### Prevention

- Project Advancing Wellness and Resiliency in Education
- Substance use disorder prevention services
- Peer services
- HB 18 and HB 19 mental health training and resource expansion for schools

### Financial Alignment

- Collaborative matching grant programs
- Residential Treatment Center Relinquishment Avoidance Project
- SB 292: Mental Health Grant Program for Justice-Involved Individuals
- Mental Health Public Defender Program
- Veterans assistance grants

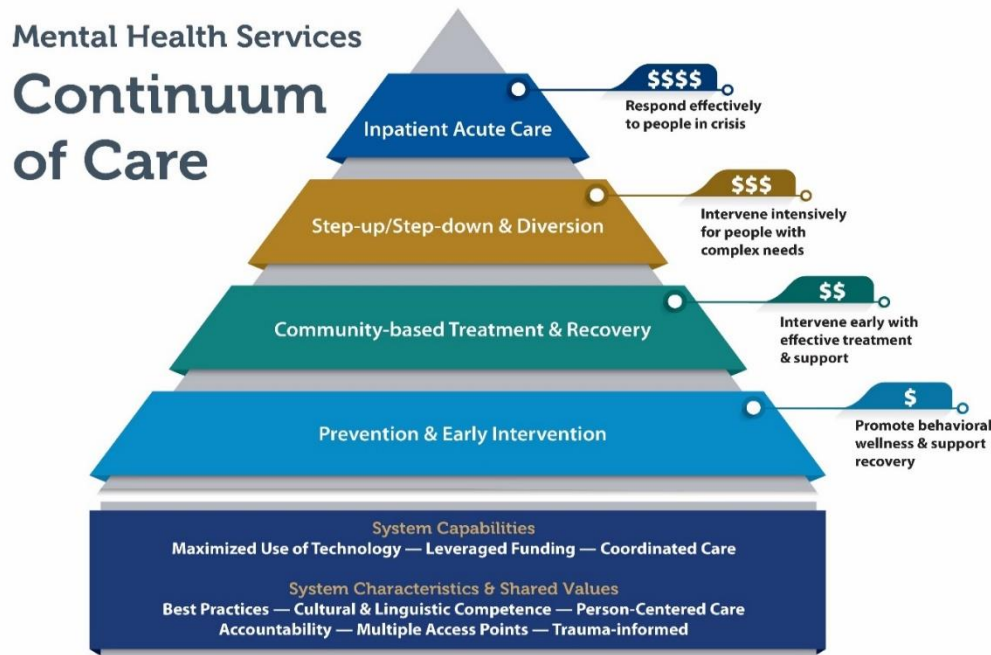
### Data

- Texas Law Enforcement Telecommunications System expansion
- Matching community collaborative grant programs

### Service Delivery

- JCMH education and training programs
- Vocational rehabilitation services
- Child Psychiatric Access Network
- Texas Child Health Access Through Telemedicine
- Certified Community Behavioral Health Clinics expansion
- Step-down pilot projects
- Expansion of outpatient competency restoration services
- Coordinated specialty care expansion

# Continuum of Care



1. Ensure the most effective and efficient coordination between state hospitals and LMHAS, to provide seamless care.
2. Identify gaps and barriers to continuity of care, and more specifically to successful discharge from state hospitals.
3. Identify short-term and long term goals to address the identified gaps and barriers.

## Membership

- Health and Specialty Care System
- IDD and Behavioral Health Services
- Medicaid and CHIP Services
- Regulatory
- Office of Aging Coordination



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# Continuum of Care Improvements

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**2018**

- Workgroup established to improve coordination along Behavioral Health continuum
- State Hospital (SH) transition review teams

**2019**

- SH Discharges for Persons with IDD
- Continuity of Care Liaisons at Local Mental Health Authorities (LMHAs)

**2020**

- Step-Down Pilot
- Furlough Program
- All Texas Access conference
- Maximize Facility Space

**FUTURE**

- Forensic Strategic Plan
- Update Substance Use Services Rules
- Hospital expansion
- Maximizing State Supportive Living Center resources
- Improve SH Transitions to Community Care
- Increase LMHA Jail Diversion and Crisis Services

# Local Authorities and HHS Service Area Regions



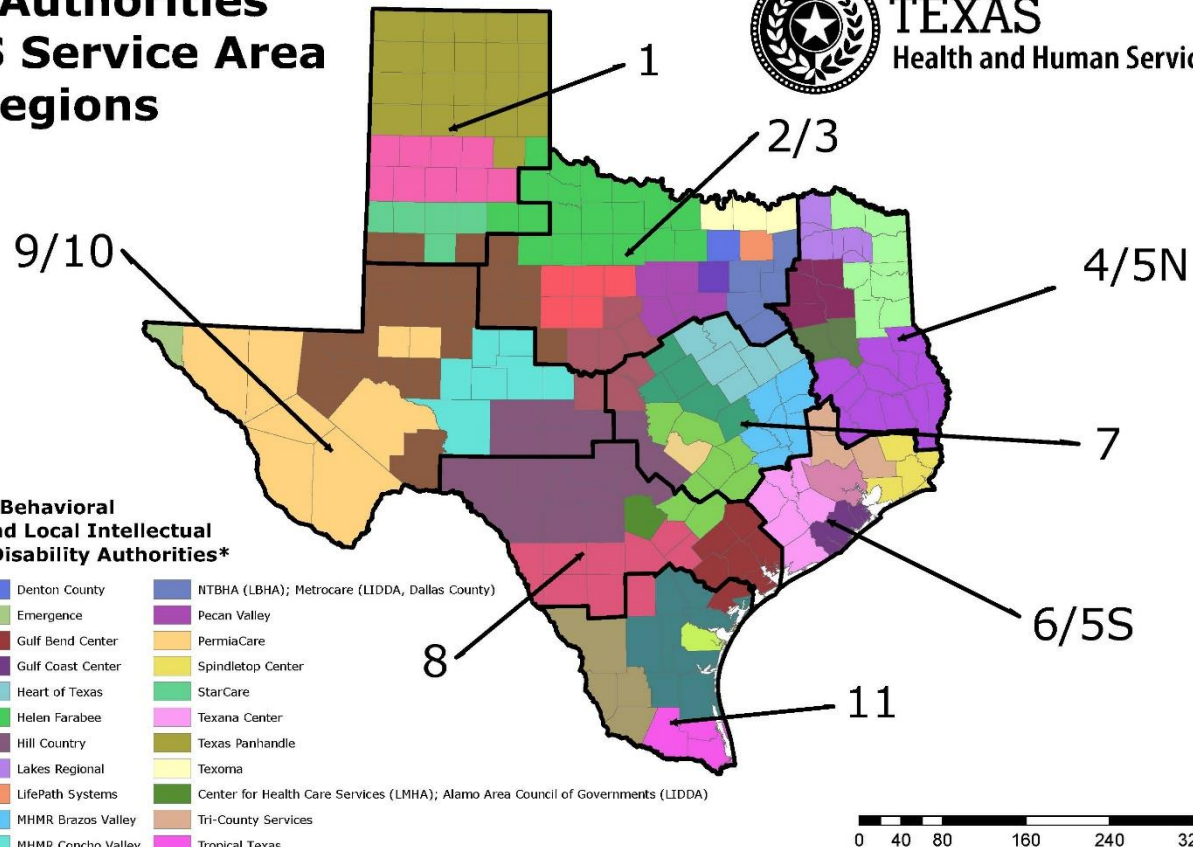
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## Local Mental Health/Behavioral Health Authorities and Local Intellectual and Developmental Disability Authorities\*

Health Service Region	Denton County	NTBHA (LBHA); Metrocare (LIDDA, Dallas County)
ACCESS	Emergence	Pecan Valley
Andrews Center	Gulf Bend Center	PermianCare
Integral Care	Gulf Coast Center	Spindletop Center
Betty Hardwick	Heart of Texas	StarCare
Bluebonnet Trails	Helen Farabee	Texana Center
Border Region	Hill Country	Texas Panhandle
Burke Center	Lakes Regional	Texoma
Camino Real	LifePath Systems	Center for Health Care Services (LMHA); Alamo Area Council of Governments (LIDDA)
Center for Life Resources	MHMR Brazos Valley	Tri-County Services
Central Counties	MHMR Concho Valley	Tropical Texas
Central Plains	MHMR Harris County	West Texas Centers
Coastal Plains	MHMR Nueces County	
Community Healthcare	MHMR Tarrant County	

(\*authorities serve as both LMHA/LBHA and LIDDA except as indicated)

Source: Health and Human Services Commission, Behavioral Health Services



- **98% of individuals receiving LMHA services remain in the community and do not require inpatient care.**
- **Serving adults and children in an outpatient setting costs less than an average of \$10.50 per day.**



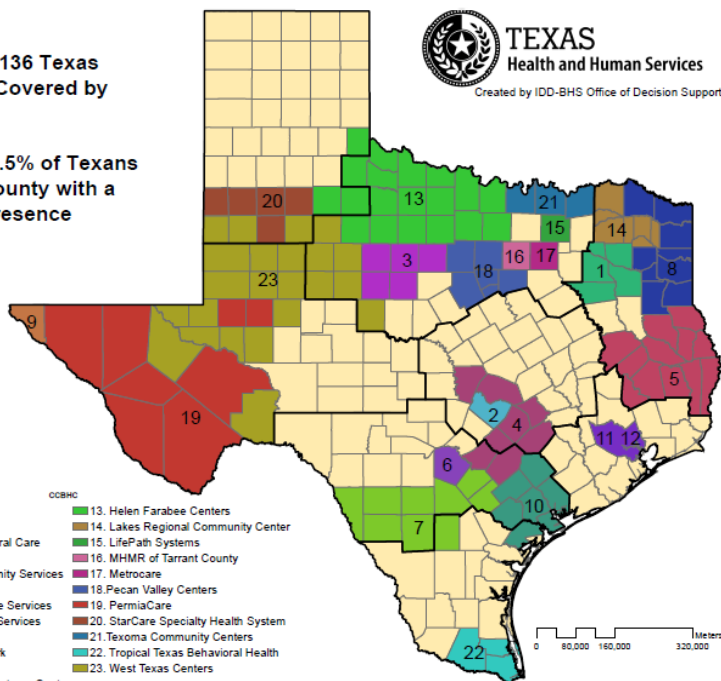
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# CCBHC: Building a Presence



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- There are 136 Texas Counties Covered by CCBHCs
- Almost 72.5% of Texans live in a county with a CCBHC presence

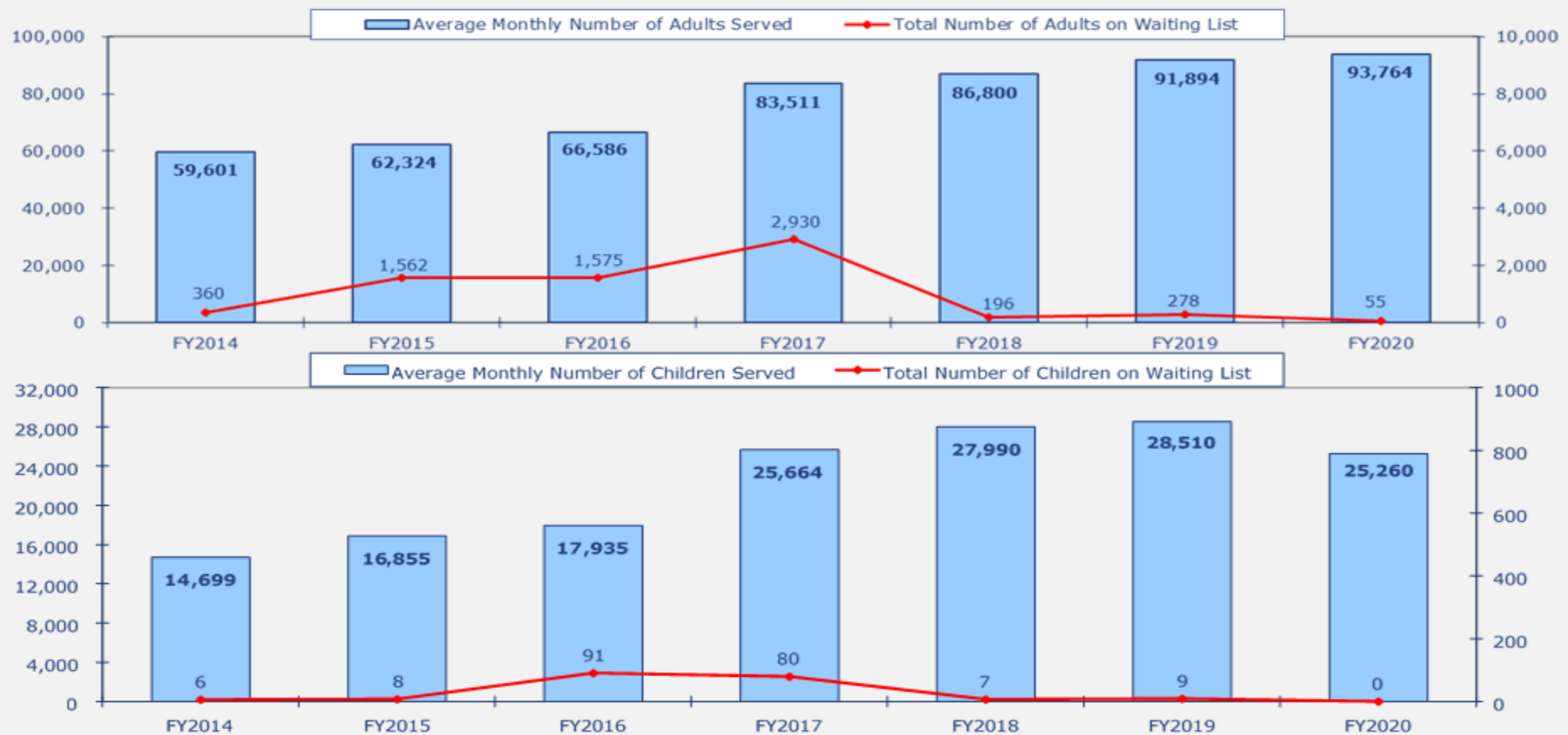


Care Coordination	Cultural and Linguistic	Visions and Data	Services	CCBHC Facts
100	100	100	100	100
200	200	200	200	200
300	300	300	300	300
400	400	400	400	400
500	500	500	500	500
CCBHC Jeopardy game to teach to review training information.				
Team 1	Team 2	Team 3		
0	0	0		

# Adult/Children Mental Health Waiting List FY 2014 – FY 2020



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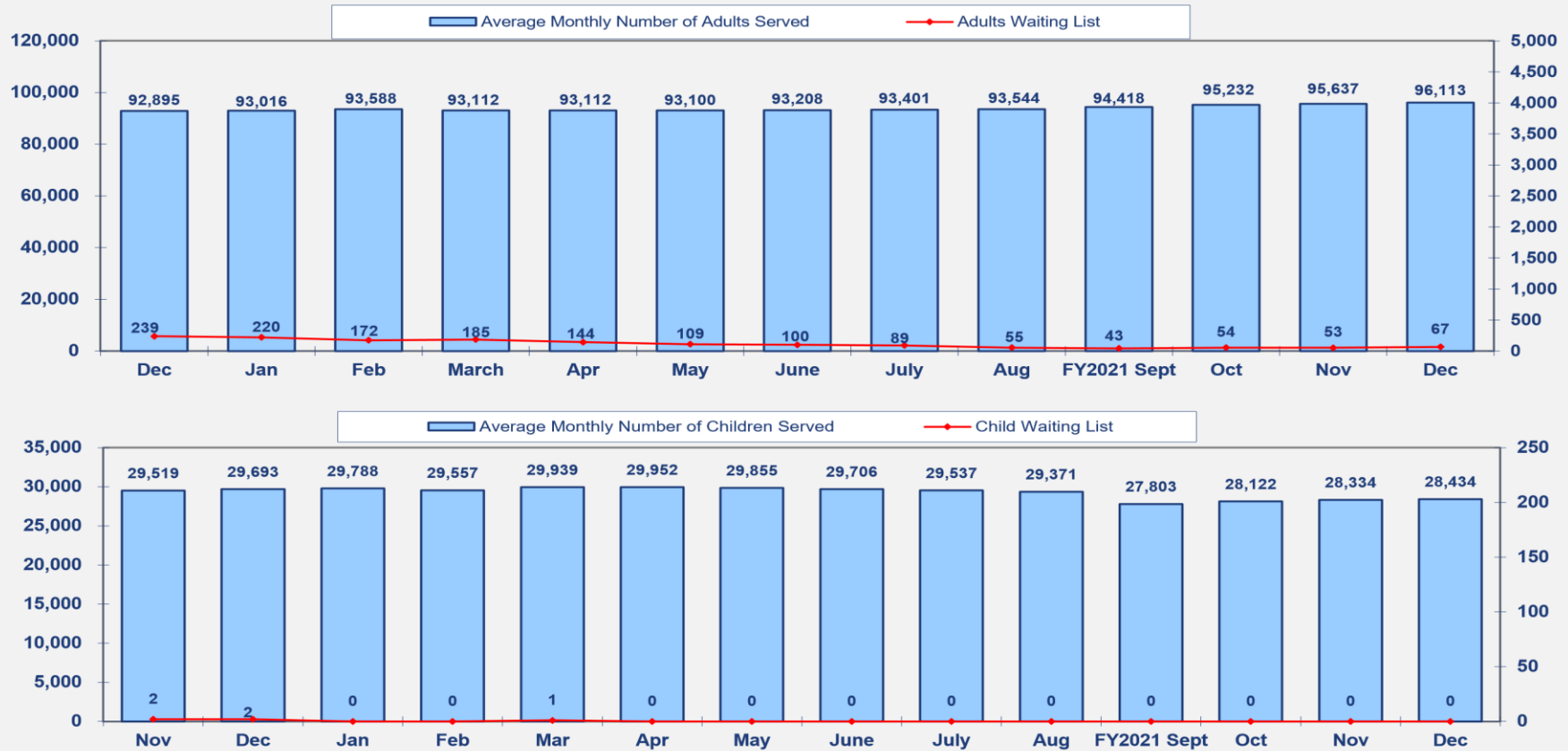
Source: Behavioral Health Services MBOW

37

# Adult/Children Mental Health Waiting List FY 2021



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1/29/2021

Source: Client Assignment Registration (CARE) system

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# Texas Targeted Opioid Response (TTOR)

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Launched Texas Opioid website:

<https://txopioidresponse.org/>

2,517 lives saved  
(overdose reversals)  
May 2019 - December  
2020

147,004 naloxone kits  
disseminated  
May 2019 – December 2020

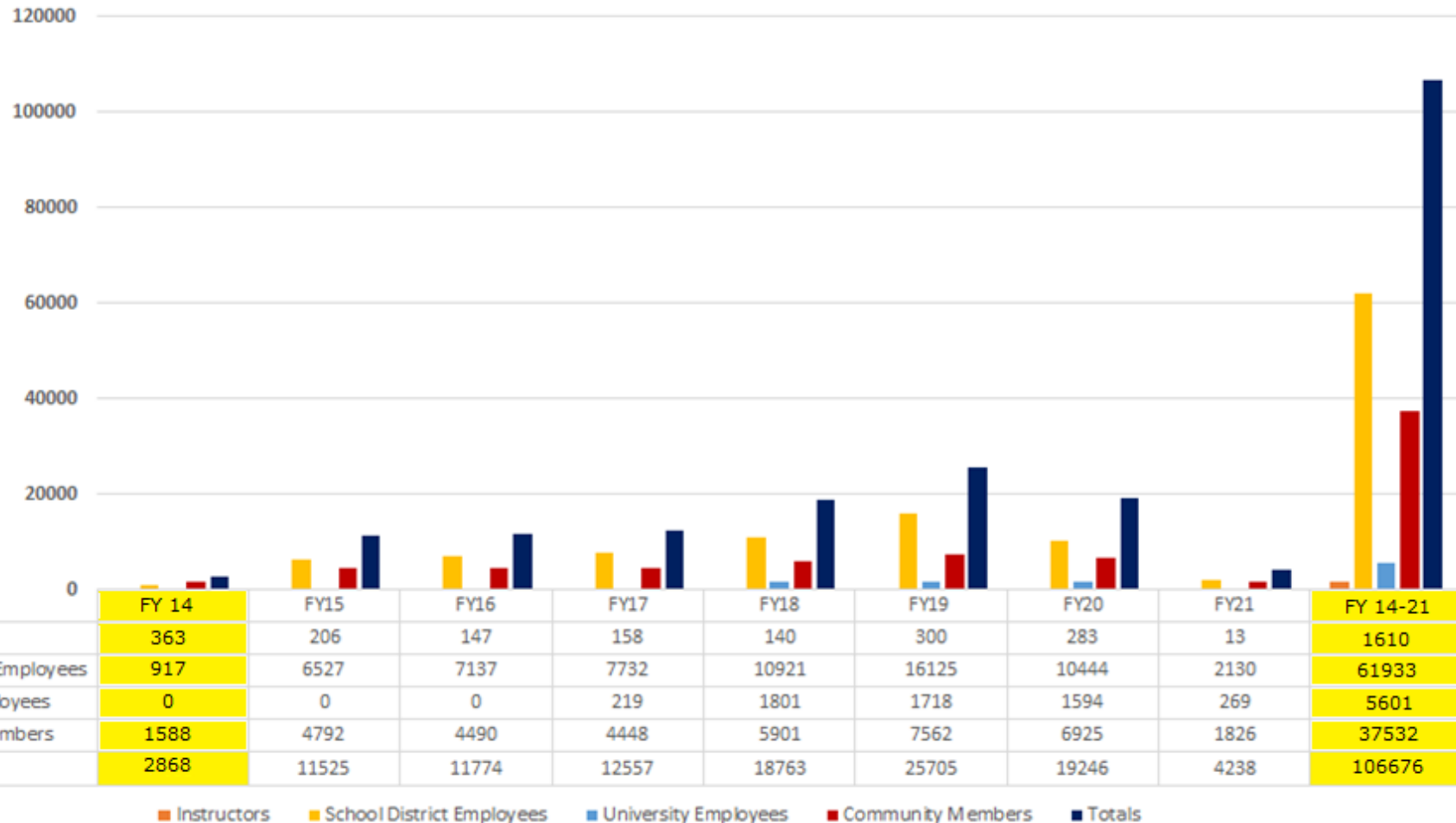
3,645 people trained to  
reverse opioid overdose  
May 2019 – December  
2020

77% diagnosed with Opioid Use  
Disorder received Medication  
Assisted Treatment  
December 2020

# FY 2014 through FY 2021 MHFA Trainings - Legislative



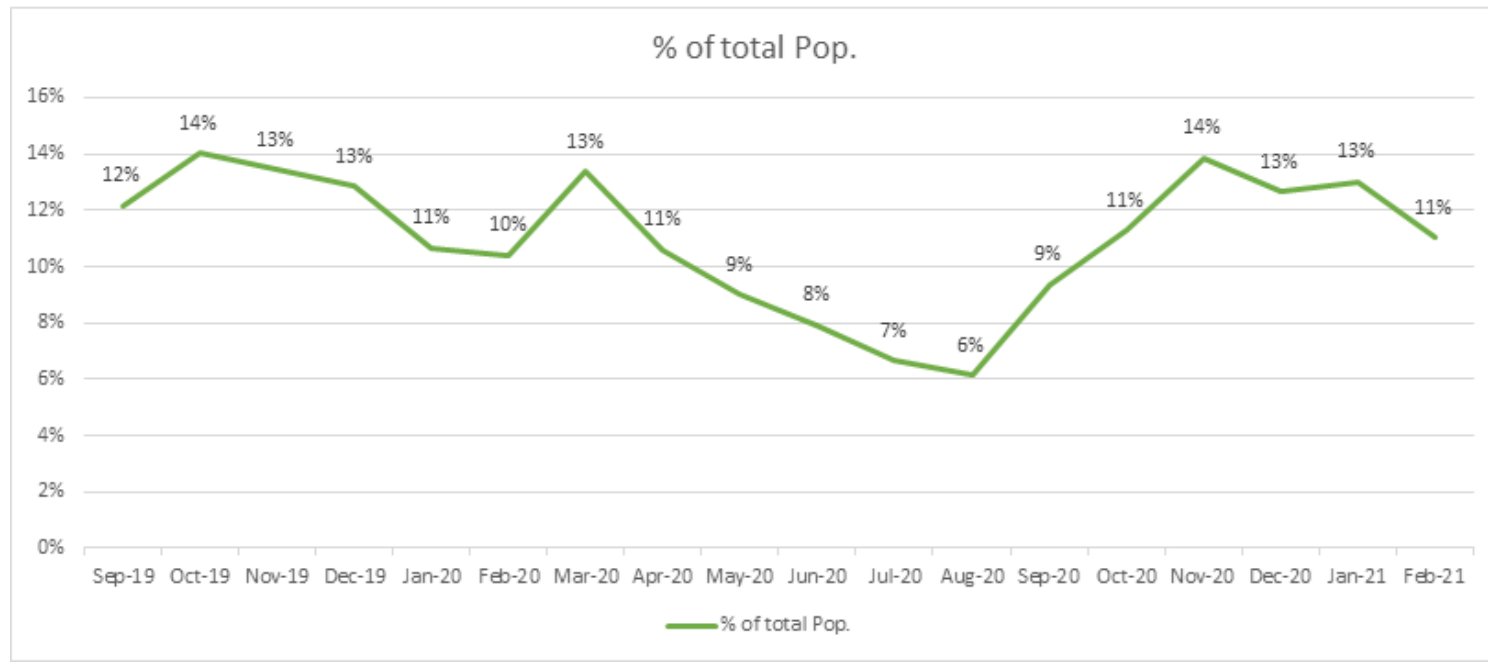
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# Substance Use Disorder Treatment Expansion



- \$5.3 million of funding was used to amend contracts with approximately 80 percent of substance use disorder treatment providers to expand the state-funded treatment capacity for pregnant women and women with dependent children
- This expansion will result in an 11 percent overall reduction in the waitlist

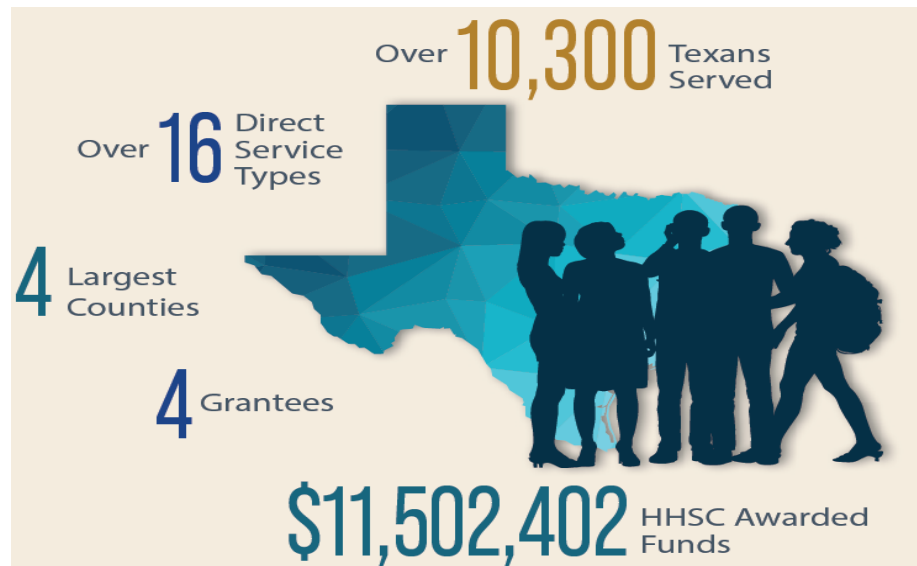
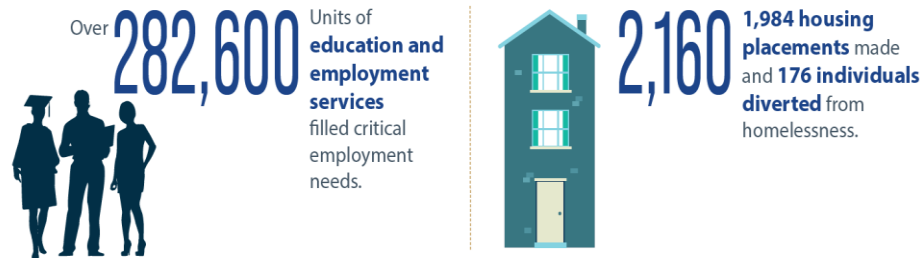




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# Healthy Community Collaboratives FY20

## TEXAS-SIZED ACHIEVEMENTS



# Mental Health Grant for Justice Involved Individuals FY20



## TEXAS-SIZED ACHIEVEMENTS

6%

**Average Recidivism Rate** — The average recidivism rate of service recipients in justice-involvement diversion programming.\*

Over

5,900

### High Needs Texans Diverted to Care

— Community-based diversion programming strengthened care.



Over

5,900

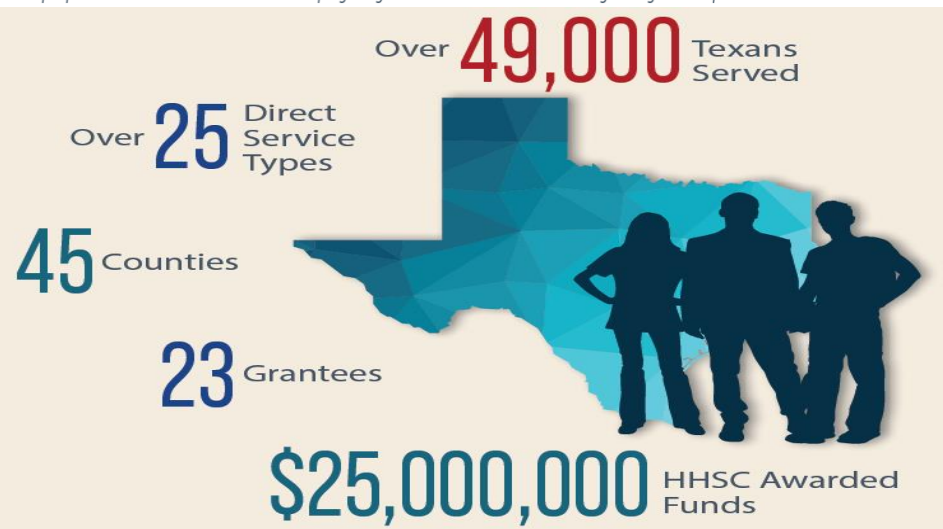
### Rural Texans Accessed Care

— Access to behavioral health services increased for more than 5,900 people in rural counties.

\*Output performance metric does not include all program grantees due to limitations validating some grantee-reported data sets.



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# Community Mental Health Grant FY20

## TEXAS-SIZED ACHIEVEMENTS



88%

**Academic & Prosocial School Improvement** — Youth in school-based programs with measurable improvement in prosocial academic domains.



79%

**Criminal Justice Diversion Rate** — Participants were diverted from incarceration.

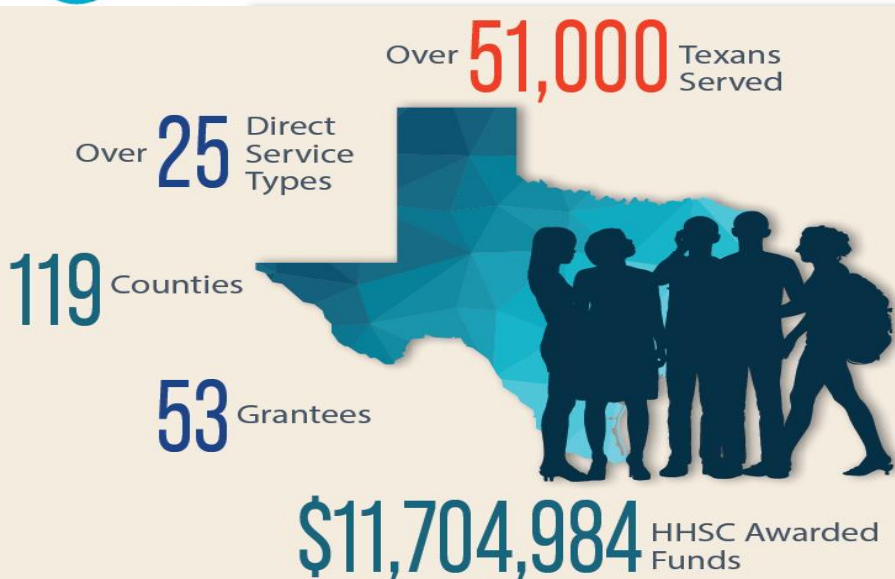


73%

**Improvement in Health and Well-being** — Participants achieved measurable improvement in health and well-being.



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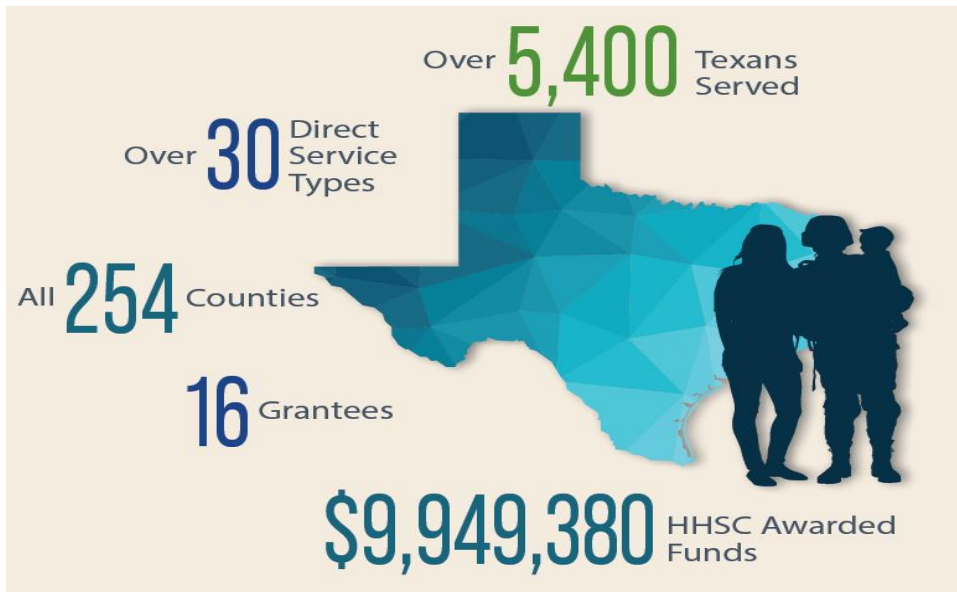
# Texas Veterans + Family Alliance FY20

## TEXAS-SIZED ACHIEVEMENTS

Over **11,000** **Service Units** —  
Grantees provided more than 11,000 service units including service navigation, referrals, case management, and/or outreach and engagement.



**75%** **Grantees provided key services** —  
Programming that filled critical service gaps and strengthened access to care for special populations.



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# IDD Crisis Services Implemented

## FY 2020

Crisis Services	IDD Services Provided
LIDDA provided Crisis Respite Hours	186,668
CIS Hours spent <b>10,068</b> hours ensuring crisis intervention services provided	2,462+ individuals served
TCTs Educational Opportunities	835
TCTs Peer Consultation Services	1,200
TCTs Technical Assistance Opportunities for Complex Cases	1,383+
ECC Transitional Services	1,228 individuals
Enrolled in HCS as specified in Rider 20 of the 2020-2021 Appropriations Bill and by using attrition.	1,012

*\*Note: Service Coordination is a core service across multiple IDD program services listed above, some counts may be duplicated due to individuals receiving more than one service in all categories.*



# IDD General Revenue-Funded Services Provided

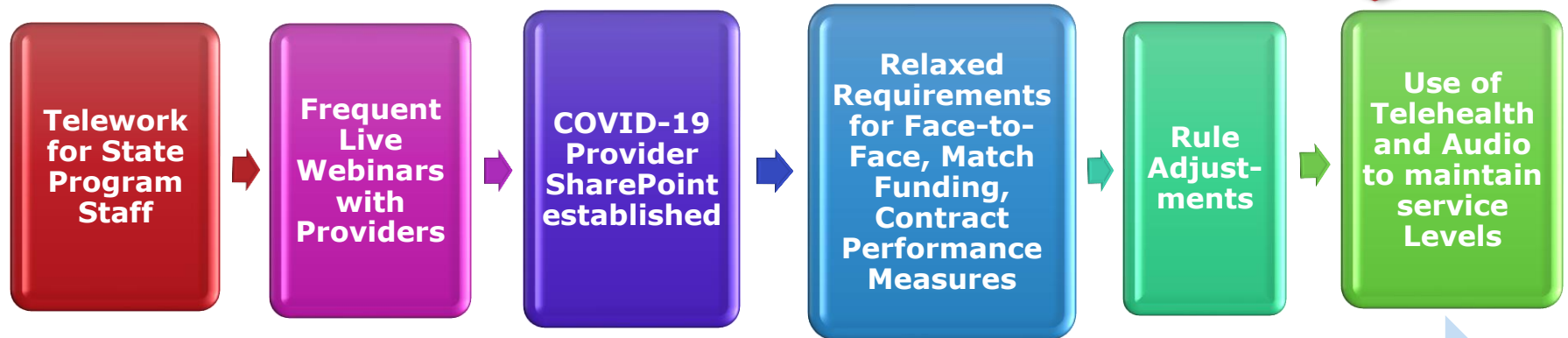
**FY 2020 Unless Otherwise Indicated**

Program Area	IDD General Revenue-Funded Services Provided
IDD Eligibility Determinations	4,721
IDD Non-Medicaid Community Services	13,114
Nursing Facility Specialized Services	2,149
IDD PASRR LIDDA Specialized Services	1,573
Enhanced Community Coordination	1,228
IDD Crisis Intervention Services	2,462
LIDDA Service Coordination *	46,738
<b>TOTAL</b>	<b>71,985</b>

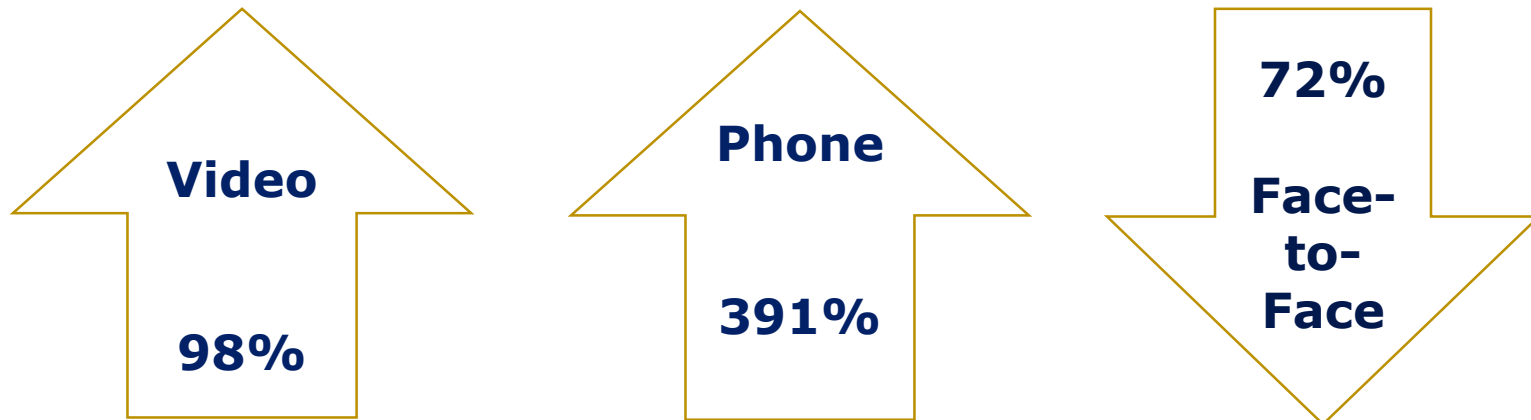
*\*Note: Service Coordination is a core service across multiple IDD program services listed above, some counts may be duplicated due to individuals receiving more than one service in all categories.*



# COVID-19 Supports/Adjustments



Mental Health Providers maintained service levels by adjusting to remote technology:





# COVID-19 Resources

**Tips to Reduce Stress**

- Focus on what you can control, including your thoughts and behaviors.
- Remember that you are resilient, and so is humankind. We will get through this.
- Limit exposure to news or social media updates.
- Maintain a healthy diet and exercise routine.
- Do what you can to reduce your risk by taking comfort that you are caring for yourself and others.
- Be gentle with yourself and others.
- Create a regular routine, especially for children, and work from home if you are able to.
- Model peaceful behavior for those around you. Remember, everyone experiences stress in different ways.
- Use technology to connect with others frequently.

**Resources**

- COVID-19 Mental Health Support Line  
833-986-1919
- Local Disaster Assistance  
2-1-1
- Disaster Distress Helpline  
800-985-5990
- Heroes Helpline  
833-367-4689
- Centers for Disease Control  
800-232-4636
- National Suicide Prevention Lifeline  
English: 800-273-8255  
Spanish: 888-628-9454  
Deaf: 800-799-4TTY
- Crisis Text Line  
Text "START" to 741741
- Domestic and Sexual Abuse Hotlines  
Domestic violence: 800-256-0551  
Rape Crisis: 800-256-0661  
National Hotline: 800-799-7233  
National Hotline TTY: 800-787-3224
- Veterans Crisis Line  
800-273-8255, press 1
- Local Fire, Police & EMS  
9-1-1

**Services for Texans affected by COVID-19**  
through outreach, referrals, supportive counseling and disaster recovery efforts.

**TEXANS RECOVERING TOGETHER**  
CRISIS COUNSELING ASSISTANCE AND TRAINING PROGRAM

**FEMA** **SAMHSA**

**TEXAS** Health and Human Services

986-0000 2020-04-16 June 2020

DSHS updates on COVID-19 in Texas:

<https://www.dshs.texas.gov/coronavirus/>

HHSC guidance for the public and mental health and IDD providers:

<https://hhs.texas.gov/services/health/coronavirus-covid-19>

Statewide Behavioral Health Coordinating Council COVID-19 link:

<https://us.networkofcare.org/mh/coronavirus/index.aspx?s=tx>

Centers for Disease Control and Prevention up-to-date national guidance:

<https://www.cdc.gov/>

MentalHealthTx.org:

- Service Locator
- Educational Information
- Available in 64 languages



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# COVID-19 Mental Health Support Line



Texans experiencing anxiety, stress or emotional challenges because of the COVID-19 pandemic now have a statewide support line available 24/7.

Additionally, the COVID-19 Mental Health Support Line has:

- Answered over 12,900 phone calls
- Talked with Texans from 198 counties
- Hosted virtual support groups for frontline health care workers since May 2020

A flyer for the Texas Health and Human Services COVID-19 Mental Health Support Line. It features a woman wearing a headset and smiling, with a tablet in front of her showing a virtual support group. The text on the flyer includes: "Texas Health and Human Services COVID-19 Mental Health Support Line", "If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, help is available.", "Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.", and "Call the toll-free COVID-19 Mental Health Support Line at 833-986-1919." The Texas Health and Human Services logo is at the bottom right.

Texas Health and Human Services  
**COVID-19 Mental Health Support Line**

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

\*\*\*\*\*

Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

\*\*\*\*\*

Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**

\*\*\*\*\*

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Health and Human Services



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Services

# Mentalhealthtx.org

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## Statewide Behavioral Health Coordinating Council Website

- Available to all Texans seeking mental health and substance use resources
- Service Locator
- Educational Information
- Available in 64 languages

The Mental Health Texas logo is positioned on the left side of a rectangular image. The image shows a person's hands forming a heart shape. The text "Mental Health Texas" is written in a serif font, with "Mental" in blue, "Health" in green, and "Texas" in blue. The word "Health" is underlined.

Mental  
Health  
Texas

# HHSC Crisis Counseling Program: FEMA Funded



Texas received a total of \$26.4 M for the Crisis Counseling Assistance and Training Program (CCP) through FEMA that was implemented through LMHAs/LBHAs in 254 counties from May 2020 to June 2021.

## Services as of February 2021

Individuals Crisis Counseling: 22,763

Group Counseling / Public Education: 36,821

Media / Education / Email / Phone: Greater than 2 million

Social Media Reaches: Greater than 4 million

# Big Wins During COVID

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## **Service Impacts:**

- Increased Texans Served due to 86<sup>th</sup> Session Investments in Mental health, SUD and IDD
- Virtually eliminated waitlist for outpatient mental health.
- SB 633 (All Texas Access) December 2020 – All Texas Access Report and Virtual Conference
- Texas Targeted Opioid Response yields great outcomes
- 1<sup>st</sup> IDD Strategic Plan Scheduled to be Released in FY 2021

## **Administrative Efficiencies:**

- IDD-BHS Staff Vacancy Rate at 7 percent
- IDD-BHS Contracts able to Process and Execute 98 percent of the Provider Contracts Prior to the start of FY 21



# Looking to the Future

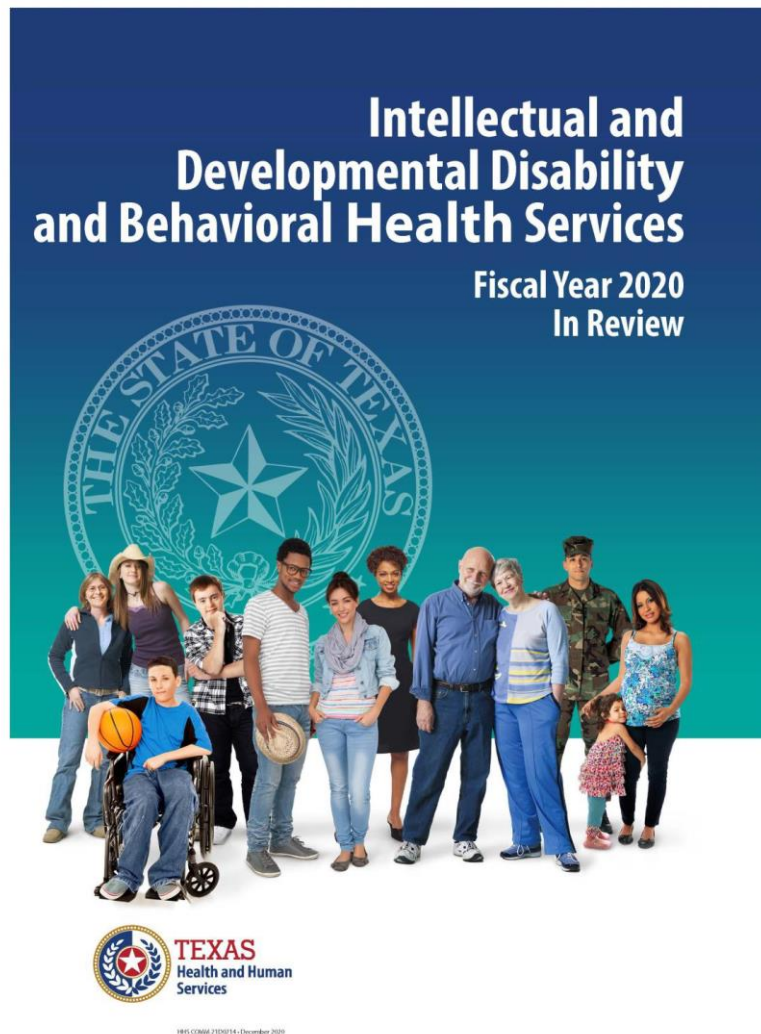
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- **40 Certified Community Behavioral Health Clinics by end of FY21**
- **1115 Waiver extended to 2030**
- **Increased MH and SA Block Grants**
- **988 Mental Health Crisis Hotline goes "live" in 2022**



# Fiscal Year 2020 in Review



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1805 CGM001-21EN0114 • December 2019